

DO YOU HAVE **concerns** about falling?



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

Hamburg United Methodist Church 116 Union St. Hamburg, NY 14075	Tuesday	06/28- 8/16/2016 8 weeks, once a week 2pm-4pm
Ahepa 67-II Senior Housing 100 Ahepa Dr, Cheektowaga, NY 14227	Tuesday	08/30- 10/18/2016 8 weeks, once a week 1:30- 3:30pm
Good Shepherd Community of Faith 187 Southside Parkway, Buffalo, NY 14220	Thursday	09/15-11/03/2016 8 weeks, once a week 5:30- 7:30pm
Amherst Senior Center 370 John James Audubon Parkway, Amherst, NY 14228	Wednesday	09/21- 11/09/2016 8 weeks, once a week 1pm-3pm
Tonawanda Senior Center 291 Ensminger Rd. Tonawanda, NY 14150	Friday	09/23- 11/18/2016 *No class on Veterans Day (11/11) 8 weeks, once a week 1pm-3pm

There is NO CHARGE for this course, but you must register at:

NY Connects 858-8526

or register at www.ceacw.org

Brought to you by Erie County Department of Senior Services/NY Connects.



A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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